

Total English

Pre-intermediate

Good health!

- 1 You are going to go on the internet to find out more about health issues. Log on to www.bbc.co.uk/health, and answer the questions below.

- 1 Can you guess three important factors for good health at work? Click on **Health at Work** in the bottom right corner of the homepage and see if you are right. List three important factors they mention.

a _____ b _____ c _____

- 2 Go to **Complementary Medicine**. Name the five therapies listed:

Have you ever had any of these therapies? Would you recommend them? Why/Why not?

- 3 Staying in **Complementary Medicine**, what is herbal medicine?
4 Now describe what manipulation is?
5 Click on **Back Pain**. What are the common causes of back pain? List four causes:

a _____ c _____

b _____ d _____

- 6 Go back to the **Healthy Living** page and click on **Boosting your Immune System**. Read through the list of things that will help boost your immune system and decide on three things you are going to do!

a _____ b _____ c _____

- 2 Go back to the **Health** home page and click on the **Interactive area**. Try either one of the **health calculators** or a **flash game**.
- 3 Discuss your results in small groups.



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TEACHER'S NOTES:

Aim: to do an interesting and fun search on the internet for health related issues. This worksheet is designed to be used in conjunction with unit 7.

Time: 40 minutes maximum

Materials: photocopies of the worksheet for each student.

- 1 Direct students to the website and check that students arrive at the correct part of the site to find out the information. Most of the answers can be found in the section, **Healthy Living**. Check answers with the class.

Answers: 1 physical health; sitting comfortably/emotional wellbeing; a manageable workload and good working relationships/balancing work and family; working for a family-friendly company 2 acupuncture/energetic therapies/herbal medicine/homeopathy/manipulation 3 The use of plants (parts of) to treat illness, relieve common ailments and restore health. 4 The use of various manual techniques to rebalance spinal joints of body, increase range of movement of joints and stretch/relax muscles 5 slouching in chairs/driving in hunched positions/standing badly/lifting incorrectly 6 stopping smoking/regular exercise to increase circulation/cutting down on junk food and increasing fruit/vegetable intake/getting sufficient sleep and fresh air

- 2 The students should now be interested in finding out more about their health so encourage them to try out an interactive quiz/game. This exercise allows students the freedom to investigate a topic of interest of their own.
- 3 At the end, encourage students to swap their information from the quiz/game in groups of three or four and to discuss their discoveries. Get feedback from the various groups.



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